

30 Day Personal growth Challenge

A month of prompts to build a more positive outlook, especially useful when working from home.

DAY 1 ☐ Develop a solid morning routine	DAY 2 ☐ Declutter and organise your desk	DAY 3 ☐ Take some exercise	DAY 4 ☐ Check in with your feelings	DAY 5 ☐ Meditate for 5-10 minutes
DAY 6 ☐ Listen to yourself in silence	DAY 7 ☐ What are you most grateful for?	DAY 8 ☐ Catch up on the news	DAY 9 ☐ Read some of your book	DAY 10 ☐ Clear and action your emails
DAY 11 ☐ Identify 3 things to do today	DAY 12 ☐ Plan your calendar for the month	DAY 13 ☐ Assess and simplify your finances	DAY 14 ☐ What makes you proud of yourself?	DAY 15 ☐ What are your 3 greatest skills?
DAY 16 ☐ What 3 areas of yourself need work?	DAY 17 ☐ 3 ways to develop your career	DAY 18 ☐ A hobby or interest you'd like to learn	DAY 19 ☐ Plan your 1, 5 and 10 year goals	DAY 20 ☐ 3 places you'd like to travel to
DAY 21 ☐ Limiting beliefs that hold you back	DAY 22 ☐ Choose an online course to join	DAY 23 ☐ Get out of your comfort zone	DAY 24 ☐ One person you admire, and why	DAY 25 ☐ One thing you've been afraid to do
DAY 26 ☐ Your biggest dream or ambition	DAY 27 ☐ What do you want more of in life?	DAY 28 ☐ What do you want less of in life?	DAY 29 ☐ What do you want to achieve this year?	DAY 30 ☐ What makes you happiest?

Started on: _____ Tick off each day as you go . more free challenges at arloriverrex.com/30-day-challenges